



Senior News

**Programs & Services
for Active Senior Adults**

Parks & Recreation Department

Program Registration Office: Stow City Hall
3760 Darrow Road Stow, OH 44224

Monday-Friday 8:00am - 4:30pm

330-689-5100



January / February 2017

Program Registration Begins:

Tuesday, December 20 at Stow City Hall

City Hall Closed December 23, 26, January 1



Inside This Issue:

Upcoming Recreation Special Events	2
Sports & Fitness Programs	4
Ongoing Drop- In Programs	5
Social Services	8
Stow Sunshiner's Luncheon	8
Program Calendars	9/10
Community Bus Trips	11
Registration / Refund Policies	12



Serving Active Senior Adults Program Information:

**Stow Parks & Recreation Department
Program Registration & Information**

3760 Darrow Road - Stow City Hall
330-689-5100

Stow Senior Center

3968 Darrow Road 330-686-1325

Senior Adult Programs

Kathy McConnell, Recreation Supervisor
kmccconnell@stow.oh.us

www.FunInStow.com



January / February 2017

Wellness Through the Senses



Aromatherapy, Meditation, Music & Chocolate Therapy!

Program Partner: Hospice of the Western Reserve

Gain an understanding of the five senses, using practical advice that provides an awareness of your well being. Understand the impact of life's daily stressors that we all face and how we can combat these tensions through a variety of simple and effective wellness methods.

Learn an overview of aromatherapy, chocolate therapy and meditation in this fun and informative workshop.

No Fee - Pre-Register Limited Seating

Monday, January 30 1:00pm Stow Senior Center

Three Way Chili Luncheon

Program Partner: The Gables of Hudson



Some like it hot and some like it mild but everyone enjoys chili. Come in from the cold... and sample three different bowls of tasty chili. Chili can be made in a variety of ways, each tasting different and delicious. Sample all three chili's while joining us for a festive meal including cornbread and beverage.



Find the one you like best as you warm up a cold winter's day. You be the judge as *Chef John of The Gables of Hudson* gives us his best three! We will also have a few amusing competitions for fun and prizes to add to the festivity.

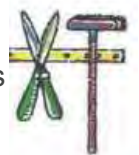
Friday, February 3 12:00pm Stow Senior Center

Pre-register - Fee: \$8.00 Don't Delay - Limited Seating - Register Early!

All Registrations take place at Stow Parks & Recreation Dept. at Stow City Hall

Spring Clean Up Outdoor Chore Service

Stow Munroe Falls High School Student Council members provide assistance with outdoor cleaning for senior adults.



Program Requirements:

Stow / Munroe Falls residents only 65+ years of age

Work group: 3 students + adult supervisor for 1 hour per home.

Outdoor Service projects may include:

Flower Bed prep/clean up / Patio furniture moved / Flower pots filled / General outdoor clean up

Residents must provide all necessary cleaning supplies & tools; plus remain home during service time.



Program Date: Tuesday, April 25

Morning 9am-11am or Afternoon 12:30am-2:30am

Program Registration begins: Weds., March 15

at Stow Parks & Recreation Department at City Hall

Newsletter



Stow Senior Newsletter Mailing List

Our mailing list has grown each year; with many individuals receiving the newsletter but not currently participating in programs. Due to the cost of mailing and changes in postal regulations; we are downsizing our list.

If you are still interested in our programs and wish to receive the newsletter mailed to your home, please let us know!

You may call, stop in or send us a note indicating your desire to receive the Stow Senior Newsletter by mail at no cost.

Or... you may always pick up a copy at the Stow Senior Center, City Hall, Library or view online.

Kathy McConnell

Recreation Supervisor

Senior Adult Programs

Stow Parks & Recreation Dept.

Senior Adult Special Events & Programs

Wheel of Fortune

L _ _ N C H _ _ N

Program Partner: Visiting Angels
Living Assistance Services



This annual event tests your puzzle solving skills! Spin the Wheel, buy a vowel or solve the puzzle. Prizes awarded to all puzzle solving contestants in our version of this popular game show! Contestants will be drawn from audience members who will compete at the Big Wheel for fun & prizes!

Luncheon Menu: Rotisserie Chicken, Scalloped Potatoes, Green Beans, Red Velvet Cake, Beverage

Friday, March 10 12:30PM Silver Springs Lodge
Fee: \$9.00 Pre Register - Limited Seating

Mah Jongg Lessons

This popular rummy-like game is played with tiles rather than cards. Originating in China; Mah Jongg has become very popular in many parts of the U.S. Learn the principles of this social game in a relaxed format.



This 4 week class teaches the rules with ample opportunity to practice and play with others new to the game.

Mondays: March 6, 13, 20, 27 (4 weeks)
1:00pm - 3:00pm Stow Senior Center
Instructor: Nancy Ellison Fee: \$18

Pre-Register: Stow Parks & Recreation Department
All Adult Ages welcome! Limited Enrollment

AARP Driver Safety Program

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.



Even the most experienced drivers can benefit from understanding the rules of the road and how aging can effect

your driving skills. Learn techniques on how you can safely operate your vehicle in an increasingly challenging environment. Plus many insurance companies will give a discount with completion of course. *Video instruction & discussion only.*

Friday, March 3 9:00am-1:00pm
Pre-Register Limited Seating - Register Early!
Call Stow Parks & Recreation to pre-register

Fee: AARP members \$15 Non-Members \$20
Payment at class with Check to AARP

Breakfast Buddies

This senior group visits a local restaurant to enjoy good conversation and a tasty breakfast!



Meet the group leader at the restaurant then order & pay off menu.

Pre-registration is required
Please Call 330-689-5100 for a seat reservation.

Third Friday of Month 9:00am

January 20 Café in Stow Stow
February 17 Hudson's Hudson
March 17 Garrett's Mill Stow

Travel Lunch Bunch

Join us as we travel out of town each month to a new restaurant. Never eat alone, worry about traffic, directions or finding a place to park!



Pay your bus fare at registration.
Order & pay off menu day of trip.

Departure Time 10:30am

from Stow City Hall Parking Lot
Park near center of lot

Bus Fare: \$10 / trip Limited Seating - Register Early!

Main Street Grille North Canton
Mon., January 9 or Weds., January 11

Bahama Breeze Beechwood
Mon., February 13 or Weds., February 15

Samantha's North Canton
Mon., March 20 or Weds., March 22



Popcorn Movie

Dinner & A Movie



Why sit home watching TV when you can view a recent movie + have dinner in the company of friends at the Stow Senior Center.

*Dinner is planned & prepared by Stow Munroe Falls High School Culinary Arts students from *Joshua's Café*. Dinner is Pot Luck
Call for title of movie at registration.

Monday, January 23 4:30 pm

Fee: \$7.00 includes dinner at Stow Senior Center
Pre-Registration is required.

Sports & Fitness Programs

On-Going Programs & Classes for Active Senior Adults 60+



Brain Fitness Games & Puzzles

Program Partner:
Stow Glen Retirement Village

**First & Third Thursdays
1:00pm**

**Drop In Stow Senior Center
No Fee**

Emphasis is always on Fun! Join this entertaining and thought provoking workout to maintain your brain! Those who engage in stimulating mental activities and social interaction benefit in retaining mental cognition plus enjoy a healthy outlook on life!

First Thursdays - Puzzle Play with Bob Pontius - Stow Glen Retirement Village

Third Thursdays - Game Play with Kathy McConnell - Stow Parks & Recreation

Indoor Walking

Enjoy the healthy benefit of walking without the worry of weather!



Thank you to our friends at:

Fishcreek First Church of Nazarene

4669 Fishcreek Road

Monday-Thursday 9:00am-11:30am

Senior Bowling

Thursdays 9:30am

Sto Kent Entertainment Center

3870 Fishcreek Rd Stow

330-673-1718

Fee: \$7.00 / 3 games

New Players & Subs Welcome

League Coordinator: Jack Garner



Sr. Cardio Circuit

Tuesdays / 9:15am Judy Watkins

Aerobic intervals designed to burn fat are alternated with the use of weight/bands in order to sculpt and strengthen. This is a proven combination to sculpt & strengthen. Classes are designed to fit the beginner to the advanced student.



Individuals new to fitness programs are encouraged to come and observe a class at no cost.

Seated Yoga

Tuesdays 10:15 am Judy Watkins

Yoga exercises while seated in chair - no floor work.

Increase strength and flexibility.

Beginner Line Dancing



Beginner's Line Dancing is a great way to exercise, build a better memory and have an enjoyable social time. Join instructor, Linda Christian as she shows you "step-by-step" how to line dance in this fun class.

Learn the Electric Slide, Stray Cat Strut, Cab Driver and many more engaging dance routines.

Wear shoes that will slide well on a wooden floor.

Thursdays 3:30pm - 4:30pm

Stow Senior Center

\$3.00 per class paid to instructor
(correct change please)

Senior Fitness Classes Held at
Stow Senior Center

Sr. Fitness Class Fees:

Purchase an Exercise Punch Card:

\$10.00 for 8 classes or \$2/class

or **Current Silver Sneakers**

Members May participate

at No Cost w/ ID

Senior Yoga Stretch

Thursdays 9:15am Anne Sarafian

Yoga like exercises to increase your mobility, strength and balance. Exercise while seated or standing near chair - no floor work.

Strength & Tone

Thursdays 10:15am Anne Sarafian

Use of small hand weights & tubing as you work out to music. Designed to promote muscle strength, increase flexibility, balance & range of motion both seated or standing.

All exercise classes are very friendly and social.

Inclement Weather

If the Stow Munroe Falls City Schools are closed due to



Inclement Weather Conditions

Senior programs meeting at the Stow Senior Center will be cancelled for the day.

(Call for status on Bus Trips or special events)

If the schools are on a **Delay...**

Please call the Parks & Recreation Department before you leave for your morning program to determine if program is cancelled. **330-689-5100**

Recreation Programs & Health Services

On-Going Programs & Classes for Active Senior Adults 60+

Let's Talk...

Friendly Visitors



A Friendly Visiting Group who stop in at local Assisted Living facilities once a month to initiate a group conversation on a variety of topics! Share memories and smiles with individuals living in senior assistance facilities.

**Third Thursday 1:00pm
Group Planning Meeting**

New Members Always Welcome!
Contact Stow Parks & Recreation

Health Screenings

No Appointment Required - No Fee
at Stow Senior Center

**Second Thursday of each month
12:00pm - 1:00pm**

Blood Pressure & Glucose Screens

No fasting required. Finger stick
Sponsored by Our Friends at:
Stow Glen Retirement Village



Foot & Nail Care

Everyday Divinity Foot Care

Mon., January 9 9:00am-2:00pm
Stow Senior Center

Toenail trimming & filing
+ callus reduction performed
by a Certified Foot Care Nurse.
An assessment of the lower legs
& feet will be done as well.

Individual Foot Care Sessions
are \$28.00 check or cash only.

Please call: Jen Vanek, RN BSN,
CFCN, owner/operator of EDNEO, LLC
to schedule an appointment call:
(216) 956-0293
Home visits are also available.



Dominoes Mexican Train



Come learn to play.
Enjoy good company!

Second & Fourth Tuesdays
of each month 12:30 pm
Drop In / No Fee

Senior Bingo

at Stow Senior Center



Second & Fourth Thursdays
of each month Games begin at 1 pm
\$1 / (3 card) packet for all 10 games
All money taken in is
paid out as prizes

Stow Blanketeers

A volunteer group which
creates & donates blankets
to local charities.

Open to all who enjoy knitting,
sewing or crocheting or those
who would like to learn!
Donations of Yarn appreciated!
Contact: Margrit 330-677-5511



Oregon Trails Lodge

2913 Graham Rd

Second & Fourth Wednesdays
1:00 pm - 3:30pm

Hearing Health



Ascent Audiology & Hearing

Mon., February 20
10:00am - 12:00pm appts.
at Stow Senior Center

Christopher Witten AuD, CCC-A,
a local licensed audiologist, will
meet with you individually for
questions and screen you for
any hearing related concerns.
Plus if needed, removal of wax
build up and inspection and
cleaning of hearing aids.

No Fee - **Appointment required**
by calling: *Ascent Audiology*
330-688-1172



Mah Jongg

First & Third Tuesdays

Game play start: 12:30pm
Stow Senior Center

Drop in play for individuals
familiar with the game. - No Fee

Senior Cards

Wednesdays 11:00am - 4:00pm

*Euchre / Crown 5 / 500 /
Spite & Malice / Poker /
Phase 10 / Pinochle & more!*

Open to all Senior Adults



Evening Cards

First Monday of Month Unless Holiday

6:30pm - 9:30 pm

January 2 & February 6

Stow Senior Center

3968 Darrow Rd

A variety of card games are played
No Fee - Drop in!

Chair Massage

with Sue Petrof, LMT
Licensed Massage Therapist

Massage is credited with
reducing pain and allowing
deep relaxation.

A chair massage focuses
on the neck, shoulders
and back only
while fully clothed.

Make an appointment
\$15 for a 15 minute
chair massage
No need to kneel on knees.

Second Friday of Month:

(January 13 & February 10)

10:30am -12:30pm by Appt.
at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882





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Danbury SENIOR LIVING Tallmadge

For more information, contact Melissa Kolb at 330.495.3701

DanburySeniorLiving.com



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Tina White, REALTOR

Client Service Manager & Realtor

3914 Clock Pointe Trail • Suite 101
Stow, OH 44224

Office: 330-689-0700 • Cell: 330-388-7721

Email: whitetina388@gmail.com
www.pennyrealestate.com



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330-686-7100

4285 Kent Road • Stow, OH 44224



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Book Exchange

Are you looking for a good book to read? Have you read a good book lately and want to share it with someone else? Check out our selection of donated books at the Stow Senior Center. A variety of genres line our bookshelf for you to borrow.



Senior Services Assistance Ask a Social Worker

Many individuals and families struggle with questions about social service needs or concerns due to lifestyle changes as they age.

The Stow Senior Center has partnered with **Arbors at Stow** to provide access to a licensed Social Worker to answer your concerns or direct you to available local or county services.

Questions on: In Home Services / Medicare / Home Delivered Meals / Respite/Hospice Care / Utility Assistance & other topics of concern.

Contact: Tracey Cugini
Arbors of Stow 330-688-1188
2910 L'Ermitage Place Stow

Stow Senior Citizen Commission

Members appointed by the Mayor, advise the city administration on concerns or issues that affect the everyday lives of Stow senior citizens.

Next Meeting:

Tues, February 21 7:00pm
Stow Senior Center

If you have an issue / idea on city policies, practices or infrastructure that you feel would benefit the lives of senior adults. seniorcommission@stow.oh.us



Care & Share

A volunteer craft group who assist local organizations through the creation of stuffed dolls and other handicrafts. New material donations accepted



Meet the Last Monday of the following months:

January - April
August - October
1:00 pm - 3:00pm

Stow Senior Center
3968 Darrow Road

Notary Services

No Appointment Required - No Fee

Monday - Friday 8:00am - 4:00pm
at Stow City Hall

Bring all documents & a legal form of identification to have your documents notarized.



The Stow Sunshiners are an active social group of senior adults who invite you to become a member of their group. Enjoy a monthly catered luncheon with entertainment and good fellowship! Stow Sunshiner's President: Robbie Robinson

Monthly Luncheon is held the 1st Monday of Month (*Holiday, 2nd Mon.)

at Cedar Hall of the Stow Glen Retirement Village 4285 Kent Road Stow (Parking Cedar Hall & Birch Hall areas)

Sunshiner Membership Information: Must be a resident of Stow or a contiguous city & have attended two luncheons.

Pay Annual Membership fee of \$5.00 Member Fee is used for Monthly Luncheon speakers & entertainment.

Stow Sunshiner Membership & Luncheon Reservations/Ticket Information:

Pre-reservation with payment is required Luncheon COST: \$8.00 to Stow Sunshiners

Mail payment to: 4836 Algonquin Trail, Stow 44224 c/o Marlene Holderman 330-686-1632

Monday, January 2 - 12:00pm

Menu: Shredded Pork w/ BBQ Sauce, Broccoli Rice AuGratin, Glazed Carrots & Black Eyed Peas Dessert & Beverage

Speakers: *Deadwood to Oakwood* - Don & Eileen Cargould

Monday, February 6 - 12:00pm

Menu: Sliced Turkey, Breast w/ Gravy, Cornbread Stuffing, Mix Blend Veggies, Dessert & Beverage

Speaker: *Scams Targeting Senior Adults*
Office of Consumer Affairs



Birthdays Wishes: If you wish to be eligible for a Birthday gift at the Stow Sunshiners' Monthly Luncheon

- Follow these steps - * Sunshiner Membership dues are currently paid. \$5.00 yearly membership fee

* Place Your Name at the bottom of the previous month's attendance sheet or

* Call: John Gretsinger 330-688-0052 the Month Prior to Your Birthday month. *No reservations accepted luncheon day.

Thank You to our Sunshiner Luncheon Birthday Gift Sponsors:

- Baumann's Florist
- Bellacino's
- Braidy Jewelers
- Café in Stow
- Isaly's II
- McDonald's Norton Road
- Oregon Corners Florist
- Red Lobster
- Rockne's - Stow
- Silver Lake Florist
- Stow Cone
- Stow-Glen Retirement Village
- Stow Nut Donut Diner

Sunshine Lady




The Stow SUNSHINERS want to cheer, lend comfort & support to other Sunshiner members in need. Please contact Ellie Smith 330-688-7938 to inform her when a Stow Sunshiner member is ill or has suffered a loss.



Stow Seniors Activity Calendar

Stow Parks & Recreation Department 330-689-5100

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12pm Sunshiner Luncheon @ Stow Glen Retirement Village 6:30pm Evening Cards	3 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg	4 11:00am Cards	5 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	6 	7
8	9 10:30am Lunch Bunch Foot Care Clinic By Appointment	10 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes	11 10:30am Lunch Bunch 11:00am Cards 1:00pm Blanketeers	12 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 3:30pm Line Dance	13 10:30am Chair Massage By Appointment	14
15	16 <i>Martin Luther King Jr. Day</i> 	17 11:30am Trip: Akron Civic Theatre Tour 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg	18 11:00am Cards	19 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 1:00pm Friendly Visitors 3:30pm Line Dance	20 9:00am Bfast Buddies	21
22	23  4:30pm Popcorn Movie	24 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes	25 11:00am Cards 1:00pm Blanketeers	26 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1pm Trip: Wine & Dine 1:00pm Bingo 3:30pm Line Dance	27	28
29	30 1:00pm Wellness thru the Senses 1:00pm Care & Share	31 9:15am Cardio Fit 10:15am Sr Yoga				

Most Programs are held at Stow Senior Center at 3968 Darrow Road

- Program Registrations are taken at Stow City Hall - Stow Parks & Recreation Department 3760 Darrow Road

*SSL = Silver Springs Lodge 5027 Stow Rd *Bus Trips & Lunch Bunch Depart: Stow City Hall parking lot 3760 Darrow Rd

*OT = Oregon Trails 2913 Graham Rd *HB = Heritage Barn 5238 Young Rd




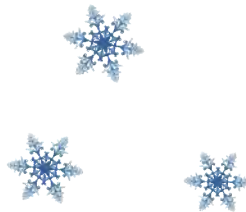

*SGRV = Stow Glen Retirement Village 4285 Kent Rd

*SKB Sto-Kent *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd

Stow Seniors Activity Calendar

Stow Parks & Recreation Department 330-689-5100

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00am Cards	2 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	3 12n Three Way Chili Luncheon	4
5	6 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village 6:30pm Evening Cards	7 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg	8 11:00am Cards 1:00pm Blanketeers @OT	9 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 3:30pm Line Dance	10 10am Trip: Home & Garden Show 10:30am Chair Massage By Appointment	11
12	13 10:30am Lunch Bunch	14 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes	15 10:30am Lunch Bunch 11:00am Cards	16 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 1:00pm Friendly Visitors 3:30pm Line Dance	17 9:00am Bfast Buddies	18
19	20 Hearing Screens By Appointment	21 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 7:00pm Sr. Commission	22 11:00am Cards 1:00pm Blanketeers @OT	23 9:00am Trip: RR & Hardware 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 3:30pm Line Dance	24	25
26 11:30am Trip: The King & I	27 1:00pm Care & Share	28 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes			March 3 9:00am AARP Driver Safety Class 	

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*SGRV = Stow Glen Retirement Village 4285 Kent Rd

*SKB Sto-Kent *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd



Akron Civic Theatre Back Stage Tour

A cultural landmark, for 75 years Akron Civic Theatre has a rich and spectacular history. Built in 1929 it is one of the few remaining "atmospheric theatres" in the country. Design features of a Moorish castle with Mediterranean décor, the theatre has had a \$19 million facelift. (stairs) Lunch stop at Baxter's additional.

Date: Tues., January 17 **Fee** \$12.00
Depart: 11:30am **Return:** 4:30pm



Railroads & Hardware

Wandle House RR Museum & Lehman's Hardware
 Brewster / Dalton / Kidron

Visit the Wandle House RR Museum with tons of railroad artifacts and photos of life on the rails! A lunch stop at the Das Dutch Kitchen for good home cooking (additional) Then on to explore Lehman's Hardware "a store like nowhere else" based on the notion of a simpler life. Products of all varieties, sure to make your life easier. Fun to look around or search for that must needed item!

Date: Thurs., February 23 **Fee** \$21.00
Depart: 9:00am **Return:** 4:00pm

Wine & Dine: Dover & Zoar

Our popular wine & dine trips are a great way to sample wines and enjoy a new restaurant. Tuscarawas County wineries: Silver Moon Winery for six tastings + souvenir glass and then on to Swiss Heritage Winery + Broad Run Cheese House. Dinner at the Canal Tavern in Zoar (additional). (Stairs)

Date: Thurs. January 26 **Fee** \$21.00
Depart: 1:00pm **Return:** 7:00pm



Rogers & Hammerstein's

The King & I

Playhouse Square Cleveland

A an eternal classic of the Broadway stage; The King & I tells the story of Anna, a British schoolteacher, hired by the King of Siam to teach his many wives and children in 1860's Bangkok. She attempts to westernize the family with mixed results. Filled with memorable songs and soaring dance numbers. You will be stunned at the beauty of this timeless musical.

Date: Sun., February 26 **Fee** \$68.00
Depart: 11:30am **Return:** 4:00pm

Great Big Home & Garden Show

Cleveland IX Center



Escape the cold and see a glimpse of spring indoors at the amazing Home & Garden Show! New products, inspirational home ideas and beautiful landscaping will allow you to escape the winter weather!

Date: Fri., February 10 **Fee** \$24.00
Depart: 10:00am **Return:** 4:00pm

Tea with the Curator

The History of the White House

McKinley Museum Curator, Kim Kenney, will share the history of the most popular historic home in America! Learn of the design and major restorations of the White House featuring an in-depth look at the rooms with images from the archives.

A box lunch is included with choice of Ham & Cheese / Turkey & Cheese / or Veggie Sandwich, Chips, Cookie & Beverage. Time will also be allotted to explore the museum & planetarium.

Date: Mon., March 13 **Fee** \$37.00
Depart: 9:00am **Return:** 4:00pm

Program / Refund Policy: Stow Parks & Recreation Department

Bus Trips are open to all ages.

Children under 18 must be accompanied by an adult.

Pre-registration is required & full payment is due upon registration. No Holds No credits or refunds are issued within 7 days of a program or trip due to change in personal schedule, illness or schedule conflict.

Refund requests may be granted if made in writing at least seven days prior to a trip or program only if no expenses/ticket purchases have occurred.

A \$5 processing fee is applied to all refunds made seven days prior to program. Individuals may always find a replacement for their reservation if unable to attend - Please inform the office of name change.

A full refund is given if the Stow Parks & Recreation Department must cancel a trip due to low enrollment or unforeseen circumstances .

Special Assistance: Please let us know at registration if wheelchair seating is required.

Bus departs - Stow City Hall 3760 Darrow Road unless otherwise noted.

Return times are approximate, please allow for additional time.

Trips include transportation and admissions (meals are not included unless noted).



Something Rotten

Playhouse Square Cleveland

A Broadway Smash Hit! Set in 1595, this hilarious smash tells the story of Nick & Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, the brothers set out to write the very first MUSICAL! Laugh out loud funny!

Date: Sat., May 13 **Fee** \$71.00
Depart: 12:00pm **Return:** 4:30pm

Stow Senior Center

3968 Darrow Road (330) 686-1325

*Facility is open only during scheduled senior programs.



*Program Registrations are taken at:

Stow Parks & Recreation

3760 Darrow Road (Stow City Hall)

Monday-Friday 8:00am - 4:30pm

Program Info: 330-689-5100

Stow Senior Programs are coordinated by the Stow Parks & Recreation Department and are open to active Senior Adults 55+

Pick a program that interests you & jump in!



Call Stow Parks & Recreation Department at: 330-689-5100 to be added to the **Stow Senior Newsletter** mailing list. Additional program flyers and bus trips are posted on the **Stow Parks & Recreation website at: www.FunInStow.com** Look under: Senior Adult Programs

Upcoming Programs



Wheel of Fortune Luncheon pg.3
Friday, March 10

Wellness thru the Senses

pg. 2 Monday, January 30



Three Way Chili Lunch pg. 2
Friday, February 3

Program Cancellations



Don't delay in registering for a program or trip. Some programs fill quickly or minimum numbers must be met in order to hold an activity. If the Stow Parks & Recreation Department must cancel a program due to low numbers you will receive a full refund of program fees.

If you must cancel your registration due to any reason including illness, appointments or change of personal plans...

If requested in writing at least 7 days prior to the program you will be granted a full credit (only if no tickets/supplies have yet been purchased) or a refund by check less a \$5 processing fee.

Any cancellations within 7 days of the activity **Do Not** receive credit or refund. You may always allow someone to take your place in the program.



Stow Senior Adult Programs
January - February 2017
Stow Parks & Recreation Department
3760 Darrow Road Stow, OH 44224
330-689-5100
Website: www.FunInStow.com

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